

## INFLUENZA

<b>Agent information:</b>	Influenza is caused by an influenza (flu) virus. There are two main types of influenza virus that spread among humans: Types A and B. Influenza A viruses are also found in many different animals including birds and pigs.
<b>Transmission:</b>	Person-to-person transmission occurs primarily through respiratory droplets produced when an infected person coughs, sneezes, laughs, or talks within a short distance (approximately within three feet) of a susceptible person. Transmission could also occur through contact with surfaces that are contaminated with infectious droplets. The incubation period is generally one to four days. A person may be able to infect others beginning one day before and up to seven days after symptoms develop.
<b>Signs and symptoms:</b>	Abrupt onset of constitutional and respiratory symptoms such as fever, myalgia, headache, nonproductive cough, sore throat, and rhinitis. In children, gastrointestinal symptoms such as nausea, vomiting or diarrhea may occur simultaneously with respiratory symptoms. Complications of influenza may include exacerbation of underlying conditions, pneumonia, and bronchitis.
<b>Protective measures:</b>	<p>Follow appropriate Body Substance Isolation (BSI) precautions with use of Personal Protective Equipment (PPE).</p> <p><b>Standard Precautions:</b> Hand washing before and after all patient contacts and contact with patient care equipment.</p> <p><b>Contact Precautions:</b> Use of gloves, gown, and eye protection.</p> <p><b>Airborne Precautions:</b> Initiate droplet precautions for persons with flu-like illness or confirmed influenza infection, including wearing masks (fit tested, NIOSH-approved N-95 respirator) when in contact with patient.</p>
<b>Evaluation:</b>	Nasopharyngeal swab is the optimal specimen collection procedure. Alternatively, nasal and throat swabs may also be collected. Most sensitive and accurate test for influenza diagnosis is RT-PCR.

**Emergency Medical Services and Preparedness Section**  
**24/7 Emergency Contact Number: 1-888-295-5156**  
**Contact Number: 302-223-2999**



<b>Prophylaxis:</b>	A yearly influenza vaccine is available for circulating strains of the virus. Post-exposure chemoprophylaxis with antiviral medications depends on clinical judgement, risk complications, and history of exposure.
<b>Treatment:</b>	Zanamivir and oseltamivir antivirals can reduce the duration of influenza illness. Resistance to adamantanes has been reported. Supportive care is recommended.
<b>Isolation:</b>	Ideally, patients should be placed in single-patient rooms. If not possible, cohorting could be performed among patients with similar illness, keeping adequate spacing between beds.
<b>Reporting:</b>	Report suspected cases within 48 hours to the Division of Public Health, Office of Infectious Disease Epidemiology: 1-888-295-5156.
<b>For more information:</b>	Visit the Centers for Disease Control and Prevention website: <a href="http://www.cdc.gov/flu/professionals/">www.cdc.gov/flu/professionals/</a> .